

# What's On:



## June 2025 Aberdeen





Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends. All are welcome; people who can attend independently and/or, for those unable to do so should come with a companion who can provide any support for them. We are unable to transport for these groups and therefore it is your responsibility to get to and from this community activity, safely. Please speak to us, so we can support you to explore other transport options.



We are also here for you with a warm drink, food and company. We will be providing more coffee catch ups or just pop in for a warm drink. Please see below for more details.

If you are unsure, or have questions about any of the groups, or have an idea for a new group, please let us know. All contact details are below.

In Person Group		
Monday 2 June – Sunday 8 June	<b>DEMENTIA AWARENESS WEEK (DAW)</b> <b>This year's theme: Every Step – Friendship</b> Each year, Dementia Awareness Week (DAW) is held with the aim of raising awareness of dementia and helping improve the lives of people with dementia, their families and carers. Friendship is a powerful force in the life of a person with dementia. Staying connected, listening, and showing kindness can bring comfort, joy and a sense of belonging.	
Monday 2 June	<b>Music Performance: St Margaret's School for Girls</b> We are delighted to welcome 3 senior pupils from St Margaret's School for Girls with their Head of Music Shirley Magill. The girls will perform on oboe, cello and voice, as well as leading some community singing. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>2-3pm</b>
Tuesday 3 June	<b>Football Memories</b> Join us for a chance to reminisce about football. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>10.30am- 12noon</b>
Tuesday 3 June	<b>Carers Cuppa</b> Whilst the footballers reminisce, an opportunity for others to have a chat and enjoy a fine piece. All carers welcome. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>10.30am- 12noon</b>
Wednesday 4 June	<b>Chair based yoga</b> Come and join Ester, an experienced yoga teacher, for a chair-based session suitable for all abilities. During the session you will practise movement, breathing exercises and relaxation. <b>Bring a water bottle and your favourite blanket to keep warm during relaxation.</b>  <b>Kathy Julius Yoga Trust</b>  <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>11am- 12 noon</b>

Wednesday 4 June	<b>Musical entertainment afternoon: The Melting Pot</b> Join us for a cuppa followed by musical entertainment. Dance the afternoon away or sit back and sing along at your own pace. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	1.30-3pm
Thursday 5 June	<b>Professionals Drop-In</b> An opportunity for professionals to drop in and find out more about Alzheimer Scotland and the support and services we provide, including the Aberdeen Brain Health Service. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	11am-12 noon
Thursday 5 June	<b>Cream Tea and Blether</b> Join friends in the centre for this special cream tea to mark DAW, Dementia Awareness Week. Freshly made scones from a local baker topped with your choice of cream and jam...or jam then cream? Alternatives will be provided if scones are not for you! <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	2-3.30pm
Friday 6 June	<b>Art Group</b> Come along and get creative! Feel free to join us from 10.30am for a cuppa before the group starts. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	11am- 12.30pm
Friday 6 June	<b>Community Café with information from Home Energy Scotland- All welcome</b> Home Energy Scotland will be attending our café. Come along for a cuppa and have a chat with the advisor about ways to reduce energy bills, how to make your home warmer and potential funding possibilities to make your home more efficient and cheaper to heat. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	12.30- 2.30pm
Mon 9 – Sun 15 June	<b>National Carers Week</b> This week is national carers week.	
Monday 9 June	<b>Lunch and Learn: Quarriers (Aberdeen Carers Support Service)</b> Quarriers provide support for unpaid carers in Aberdeen. Come along to find out more about their services over a short talk, accompanied by a light sandwich lunch. There will be the opportunity to register with their services too. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	12-2pm
Tuesday 10 June	<b>Made with Love: Baking</b> Come and bake a batch of our renowned centre shortbread, and once baked, enjoy a piece with a cuppa! <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	2-3.30pm
Wednesday 11 June	<b>Chair based yoga</b> Come and join Ester, an experienced yoga teacher, for a chair-based session suitable for all abilities. During the session you will practise movement, breathing exercises and relaxation. <b>Bring a water bottle and your favourite blanket to keep warm during relaxation.</b>  <b>Kathy Julius Yoga Trust</b>  <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	11am- 12 noon
Wednesday 11 June	<b>Musical entertainment afternoon – Cate McPherson</b> Join us for a cuppa followed by musical entertainment. Dance the afternoon away or sit back and sing along at your own pace. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	1.30-3pm

Thursday 12 June	<b>Bacon Butty, a Brew and a Blether</b> Join Sonia for a bacon butty and brew, and a chance for a catch up! <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>10.30 am- 12noon</b>
Friday 13 June	<b>Art Group</b> Come along and get creative! Feel free to join us from 10.30am for a cuppa before the group starts. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>11am- 12.30pm</b>
Friday 13 June	<b>Musical Memories</b> This is a fun singing group for people with dementia, their partners, family and friends. No experience of singing required, just bring yourselves and be ready to make some noise! Teas and coffees will be served. <b>Aberdeen Art Gallery, Cowdray Hall. (Please enter by the main Art Gallery entrance)</b>	<b>1.30-3.30pm</b>
Monday 16 June	<b>Relaxation</b> Join us for a chance to relax and unwind. <b>Brain Health &amp; Dementia Resource Centre, 13 – 19 King Street, Aberdeen</b>	<b>2-3.30pm</b>
Tuesday 17 June	<b>Talkspot and Reminiscence: The Tall Ships</b> We are delighted to welcome 2 of the volunteers from this years Tall Ships event to present some slides and information on the upcoming event coming to Aberdeen this July. They will also be bringing some memorabilia from the previous Tall Ships event held in the late 90s. This promises to be an interesting and informative event – please spread the word and encourage friends to come too. Feel free to arrive from 1.30pm for a cuppa first. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>2-3pm</b>
Wednesday 18 June	<b>Chair based yoga</b> Come and join Ester, an experienced yoga teacher, for a chair-based session suitable for all abilities. During the session you will practise movement, breathing exercises and relaxation. <b>Bring a water bottle and your favourite blanket to keep warm during relaxation.</b>  <b>Kathy Julius Yoga Trust</b>  <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>11am- 12 noon</b>
Wednesday 18 June	<b>Musical entertainment afternoon with Cate McPherson</b> Join us for a cuppa followed by musical entertainment. Dance the afternoon away or sit back and sing along at your own pace. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>1.30-3pm</b>
Thursday 19 June	<b>The kettle's on – drop in session</b> A chance to drop in and enjoy a cuppa and a chat or ask for advice. This is also an ideal time for those coming to find out about the centre for the first time. All welcome. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>10.30- 11.30am</b>
Friday 20 June	<b>Art Group</b> Come along and get creative! Feel free to join us from 10.30am for a cuppa before the group starts. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>11am- 12.30pm</b>
Monday 23 June	<b>Quarriers (Aberdeen Carers Support Service)</b> Quarriers provide support for unpaid carers in Aberdeen. Come along to speak to them and find out what support is available. <b>Brain Health &amp; Dementia Resource Centre, 13 – 19 King Street Aberdeen</b>	<b>12-2pm</b>

Tuesday 24 June	<b>Tea, toast and a try!</b> Join Sonia for some tea and toast, and some fun in trying out a new activity but only if you want to! Activities will vary each month. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	10.30am-12 noon
Wednesday 25 June	<b>Chair based yoga</b> Come and join Ester, an experienced yoga teacher, for a chair-based session suitable for all abilities. During the session you will practise movement, breathing exercises and relaxation. <b>Bring a water bottle and your favourite blanket to keep warm during relaxation.</b>   <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	11am-12 noon
Wednesday 25 June	<b>Musical entertainment afternoon with Kath Keith</b> Join us for a cuppa followed by musical entertainment. Dance the afternoon away or sit back and sing along at your own pace. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	1.30-3pm
Thursday 26 June	<b>Technology Awareness Session</b> Come and join us to find out more about technology and how it can support you. This session is suitable for those who have never used technology before, those who know a little and those who know a lot. The content of the session will be guided by those attending and what they'd like to know more about. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	1.30-2.30pm
Friday 27 June	<b>Art Group</b> Come along and get creative! Feel free to join us from 10.30am for a cuppa before the group starts. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	11am-12.30pm
Friday 27 June	<b>Musical Memories</b> This is a fun singing group for people with dementia, their partners, family and friends. No experience of singing required, just bring yourselves and be ready to make some noise! Teas and coffees will be served. <b>Aberdeen Art Gallery, Cowdray Hall. (Please enter by the main Art Gallery entrance)</b>	1.30-3.30pm
Monday 30 June	<b>Carers Support Group</b> For anyone supporting someone with dementia- an opportunity to meet carers in a similar situation, to share experiences and get peer support. There is a reminiscence group running at the same time in a separate area for people with dementia. <b>Brain Health &amp; Dementia Resource Centre, 13 – 19 King Street, Aberdeen</b>	10.30am-12noon
Monday 30 June	<b>Coffee Morning Memories</b> Join Alan Johnston for some reminiscence. For people with dementia. <b>Brain Health &amp; Dementia Resource Centre, 13 – 19 King Street Aberdeen</b>	10.30am-12noon



**Alzheimer  
Scotland**  
Action on Dementia



**Sunday 24 August 2025**

**Alzheimer Scotland Memory Walk Aberdeen**

**Time: Arrive from 11.30am. Walk starts at 12 noon. Event finishes at 2pm.**

**Location: Aberdeen Sports Village, Linksfield Road, AB24 5RU**

Join us for a gentle 5k walk around the athletics track at Aberdeen Sports Village while raising vital funds for people living with dementia.

Adult tickets are £10. Children's tickets are free - children must be registered for a ticket to take part in the walk and must be accompanied by an adult.

Please note, only guidance dogs are permitted on this walk.

**Register: <https://memorywalk.alzscot.org/event-info-aberdeen>**

If you can't do the Memory Walk, there is an opportunity to do 'Your Walk, Your Way' - the link above also takes you to this information and registration.

**For anyone planning a trip to Glasgow or knows someone there who may be interested:**

**Dementia-Friendly Visits at the Scottish Football Museum in Hampden**

 **Drop in between 2–5pm on Thursdays in May & June 2025**

**Come along for a relaxed, dementia friendly visit at the Scottish Football Museum**

 **Try out Alzheimer Scotland's VR Reminiscence Technology**

 **Enjoy a cuppa and a chat**

 **Explore Scotland's footballing history in a calm, friendly setting**

**Free of charge | No booking needed | All welcome including family, friends & carers**

**Let football memories come alive in a space built for comfort, connection, and community.**

**Location: Scottish Football Museum. Hampden Park, Letherby Drive, Mount Florida, Glasgow, G42 9BA.**

**Phone: 0141 616 639 for more information**

## Contact details for groups

<b>Alzheimer Scotland Brain Health &amp; Dementia Resource Centre</b> <a href="mailto:aberdeencityservices@alzscot.org">aberdeencityservices@alzscot.org</a> 01224 644077	<b>Karen Black - Centre Manager</b> <a href="mailto:KarenBlack@alzscot.org">KarenBlack@alzscot.org</a> 07585 669654
<b>Diane Johnston – Support Worker Aberdeen City</b> <a href="mailto:djohnston@alzscot.org">djohnston@alzscot.org</a> 01224 644077	<b>Sonia Gow – Centre Activities Coordinator</b> <a href="mailto:sgow@alzscot.org">sgow@alzscot.org</a> 01224 644077

Our support and activities are only possible thanks to the donations we gratefully receive. There are many ways to support our groups, please speak to any member of staff detailed above for more details. To make a donation, please consider donating to our local Just Giving page  
<https://www.justgiving.com/fundraising/aberdeendrc>

